

STAY INDEPENDENT QUESTIONNAIRE

PLEASE CHECK YES OR NO FOR EACH STATEMENT BELOW			WHY IT MATTERS
YES	NO		
		I have fallen in the past year	People who has fallen once are likely to fall again.
		I use or have been advised to use a cane or walker to get around safely	People who have been advised to use a cane or walker may already be more likely to fall.
		Sometimes I feel unsteady when I am walking	Unsteadiness or needing support while walking are signs of poor balance
		I steady myself by holding onto furniture when walking at home	This is also a sign of poor balance
		I am worried about falling	People who are worried about falling are more likely to fall
		I need to push with my hands to stand up from a chair	This is a sign of weak leg muscles, a major reason for falling
		I have some trouble stepping up onto a curb	This is also a sign of weak leg muscles
		I often have to rush to the toilet	Rushing to the bathroom, especially at night, increases your chance of falling.
		I have lost some feeling in my feet	Numbness in your feet can cause stumbles and lead to falls
		I take medicine that sometimes makes me feel light-headed or more tired than usual	Side effects from medicines can sometimes increase your chance of falling
		I take medicine to help me sleep or improve my mood	These medicines can sometimes increase your chance of falling
		I often feel sad or depressed	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls

YOUR SCORE:

<p>< 4 : Minimal or No Risk of Falling 4 – 8 : Moderate to High Risk of Falling >8 : High to Severe Risk of Falling</p>
